

Survival Tips for Parents of a New Baby



Take Time For You

- **Sleep When Your Baby Sleeps.**
- **Ask For Help When You Need It.** Ask someone you trust to watch the baby while you take time away.
- **Get Out Of The House.** Take your baby along. A short walk to the store or a visit to a friend can work miracles. Find another parent to talk to and do things with.
- **Postpartum Depression Is A Serious Problem That All Mothers Need To Know About.** If you always feel sad and never have any energy, you could have postpartum depression. Call your doctor, nurse or other healthcare provider.

Dads Have So Much To Offer Their Babies

- **Children Need To Know That Men Take Care Of Children, Too.** By taking care of your new baby, you are being a good role model and teaching your children that men make good parents.
- **It's Good For Your Baby To Learn What Men Are Like.** Your baby will like hearing your deeper voice and will feel safe in your larger arms and hands.
- **Your Partner Needs Your Help And Support, Too.** Offer daily encouragement and tell her she's doing a good job with the baby.

Take Time For Each Other

- **Find Some Time To Be Alone Together.** Talk to each other. Share your feelings about being new parents — the good and not-so-good things.
- **Be Good To Each Other.** You both need extra love and attention right now. And don't worry — your love life will get back to normal.

Resources for New Parents:

- 24-Hour Help for New Parents: Parent Connection Line provided by Nationwide Children's Hospital, (614) 722-KIDS (5437)
- Classes and information for new moms: www.mountcarmelhealth.com, (614) 898-MOMS (6667). Offers classes on a variety of subjects from selecting a car seat to infant care and breastfeeding.
- Parenting and early childhood programs are offered by Directions for Youth and Families (614) 294-2661.

